

OPERATION HYDRATION



Did You Know?

- As much as 20 percent of your daily water intake can come from fruits, vegetables, and other foods.
- Fruits and veggies are packed full of vitamins and minerals.
- Bonus: Water-rich produce fills you up on fewer calories, making them great for your waistline too!



Lettuce (1 ½ cups)
95% water



Grapefruit (1 ½ cups)
91% water



Watermelon (1 ½ cups)
92% water



Milk (1 cup)
89% water



Broccoli (1 ½ cups)
91% water



Apple (one medium)
84% water